Community Contact

Manitoba Aboriginal and Northern Affairs

May/June 2011

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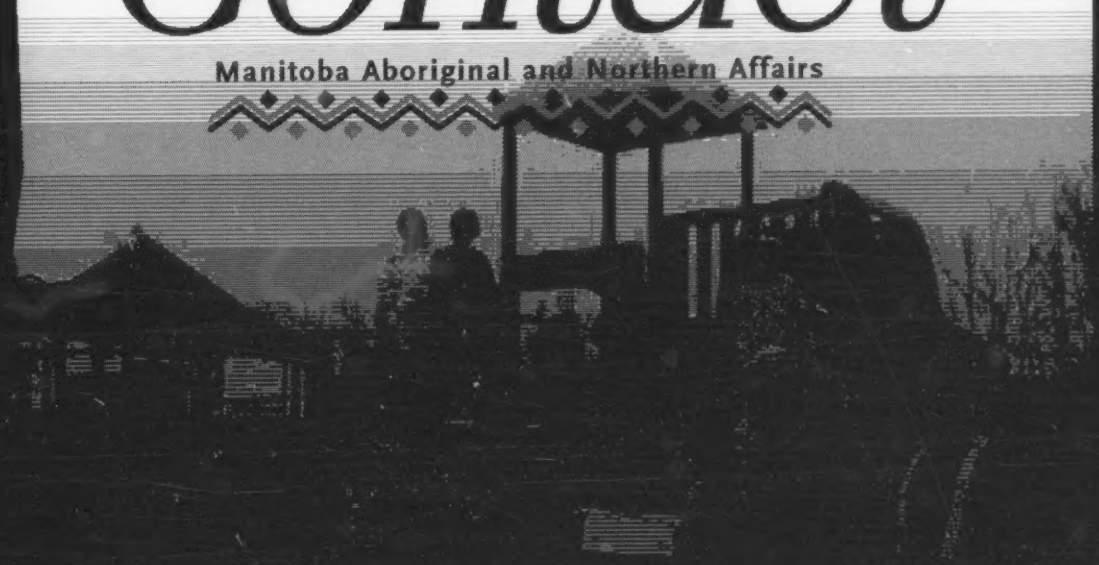

Norway House Makes Play Safe

Norway House playground partners included (left to right): Rick Moritz, NHCC; Jordan Lavallee, NHCC; Norway House Councillor Carl York; RCMP Const. Ryan Landry; RCMP Staff Sgt. Bob Batchelor (offering donation); RCMP Const. Ryan Kristalovich; RCMP Const. Mike McAulay; RCMP Const. Pierre-Luc Legros; RCMP Corp. Marshall McGregor; Norway House Mayor Cristo Spiess (accepting donation); Shane Tait, NHCC. Several Norway House children (background) waited to test the equipment. Missing from the photo is NHCC recreation director Alvin Murdock (behind the camera at the time).

Manitoba

This Issue

Welcome to the May/June *Community Contact* newsletter.

As we begin summer, many people start to think about activities that will keep them busy while spending more time outdoors. With that in mind, the theme for this issue is recreation and wellness. The articles and in this newsletter provide a look at what the department and communities are doing in regards to recreation and wellness programs.

This issue looks at communities and individuals who have recently won provincial awards recognizing their outstanding contributions to Northern Manitoba. The award categories, which included tourism and Women of Distinction Awards, were presented this past April. The department is happy to recognize the important contributions of these individuals and community.

This issue provides an overview of the ANA recreation and wellness program and some of the activities supported in communities. A related article takes a look at what makes a successful community recreation leader. We've also included two articles highlighting successful community initiatives focusing on the arts. We thank Frontier School Division for their involvement and we also thank the Royal Winnipeg Ballet School Professional Division for their decision to include northern Manitoba students as part of celebrating their 40th anniversary.

Closing out this issue is the municipal calendar reminders for the months of June and July 2011.

Enjoy this issue and please feel free to contact us with your comments, pictures or article suggestions, or to request additional copies.

Playground P
Norway Hous

The story of the new playground in the community of Norway House, Manitoba is really two stories: The first story is about how the need for the playground came to light and how the local council responded. The second story is about the hard work and the partnerships that brought the project to completion.

The playground idea was sparked when a child was accidentally hit by a vehicle on a road in the town site of Norway House. The child was playing on the road because there was no outdoor place for play. Fortunately, the child recovered fully, but that gave little comfort to parents who wanted their children to have a safe place to play in the town site area. That was when parents introduced the idea of building a playground to Norway House Community Council.

Mayor and council were deeply concerned for the safety of the children playing on the road and supported the playground project idea. The project was then handed over to Alvin Murdock, the town's recreation director. After consulting with parents and researching different playground designs and prices, a safe playground structure design was found that fulfilled all parent requests.

The second story is a story about fundraising. To kick off the fundraising effort, Norway House Community Council held its first annual community ice fishing derby. This was followed by more than 50 grant applications and proposal letters. Twelve of them were successful and funding came in from Manitoba Aboriginal and Northern Affairs, Manitoba Hydro, the Manitoba Community Places Program, the RCMP Foundation and eight local businesses.

Then the project took a detour. Alvin Murdoch assumed new duties employed as a community development officer. Next, he spent a year studying at the University of Manitoba. In 2009, Alvin returned to the position of recreation director and was dismayed to learn the playground project had been put on hold during his absence. Not only that, but costs for the playground had risen, which meant additional funding would have to be secured. Thanks to the donations mentioned above and in-kind contributions from Manitoba Housing and Renewal Corporation, Sigfusson Northern Ltd., Playgreen Development Corp and the local RCMP detachment. Playground construction was completed in October 2010. The combined financial and in-kind contributions for the project totalled just over $59,000.

"It was expensive, but compare it to the cost of a luxury automobile," said Alvin Murdock. "What we have here is a Cadillac of a facility built for a

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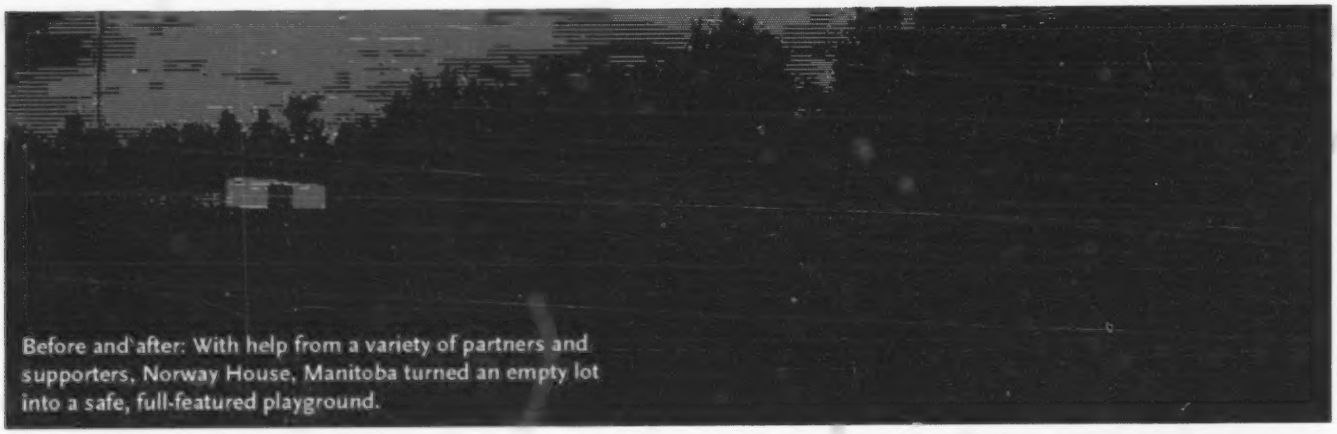
e Success Story



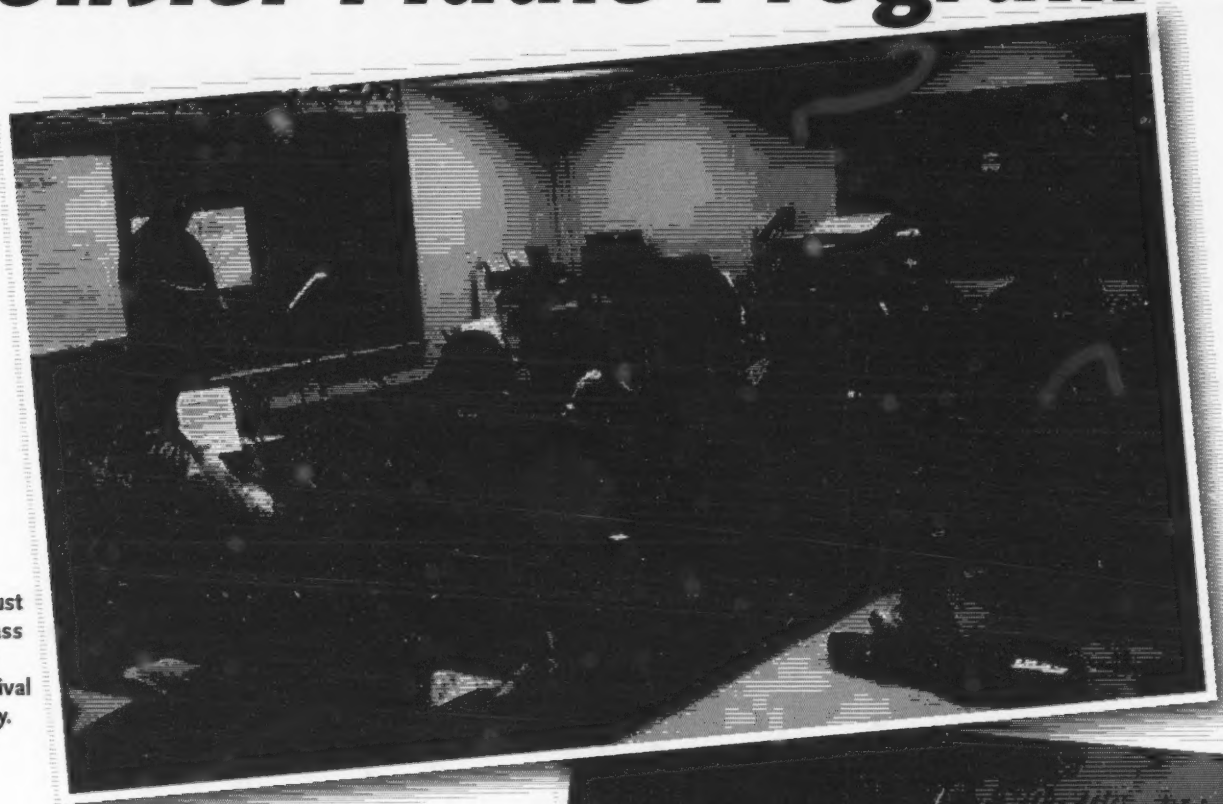
Before and after: With help from a variety of partners and supporters, Norway House, Manitoba turned an empty lot into a safe, full-featured playground.

wide range of ages from toddlers to teenagers. Finding and preparing the site, shipping the materials to Norway House and installing the play structure properly on safe foundations were all part of the cost," he said. "This is a play structure designed by people with years of experience in making them safe for kids. What price can you put on keeping kids safe? If it prevents even one serious injury, it has paid for itself."

Officially opened this past spring, the playground has been in use since October, 2010. The playground has become a main attraction for many community children and their parents are very happy to have the peace of mind that comes with knowing their children and youth are playing in a safe area.

Norway House residents are hopeful that this project will be only the first of many great recreation projects to be completed in their town. ANA congratulates residents and thanks all the partners who made it happen.

Frontier Fiddle Program —



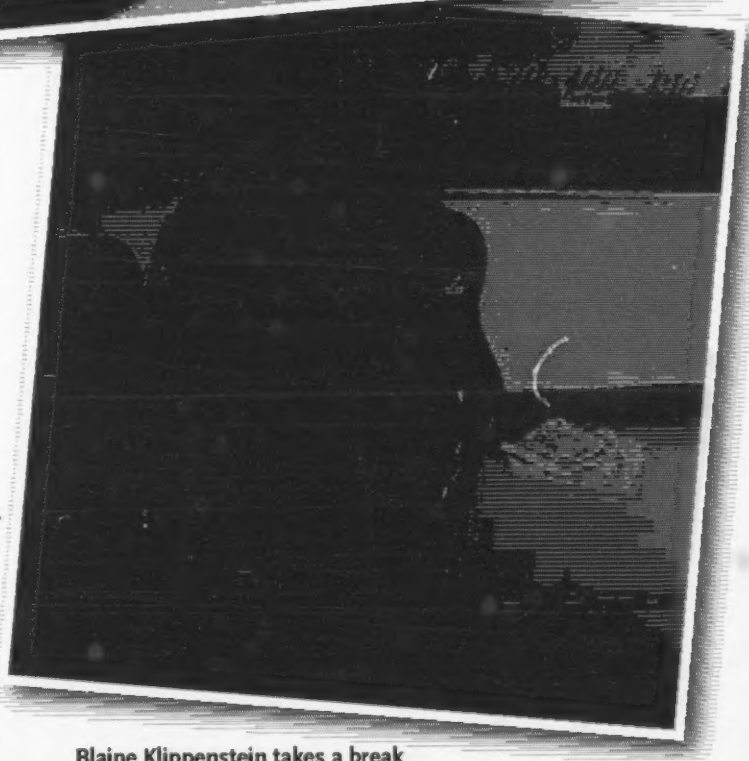
Ryan D'Aoust with his class at Frontier Music Festival in Duck Bay.

In the early 1970s, fiddle music seemed a well-kept secret. Back then, many musicians kept their Metis roots hidden while offering Nashville hoedown music at dances in their communities. Aging fiddlers often took their music with them when they passed away. Thirty years ago, it would have been hard to imagine the renewal of interest we now see in the old fiddle music.

That renewal of interest was nurtured originally by Blaine Klippenstein, who started a fiddle program in 1995 when he worked as a teacher at Cold Lake School in Sherridon, Manitoba. The program has grown over the years and is now in Frontier School Division (FSD) schools all across Manitoba. The success of the program was evident at two recent events.

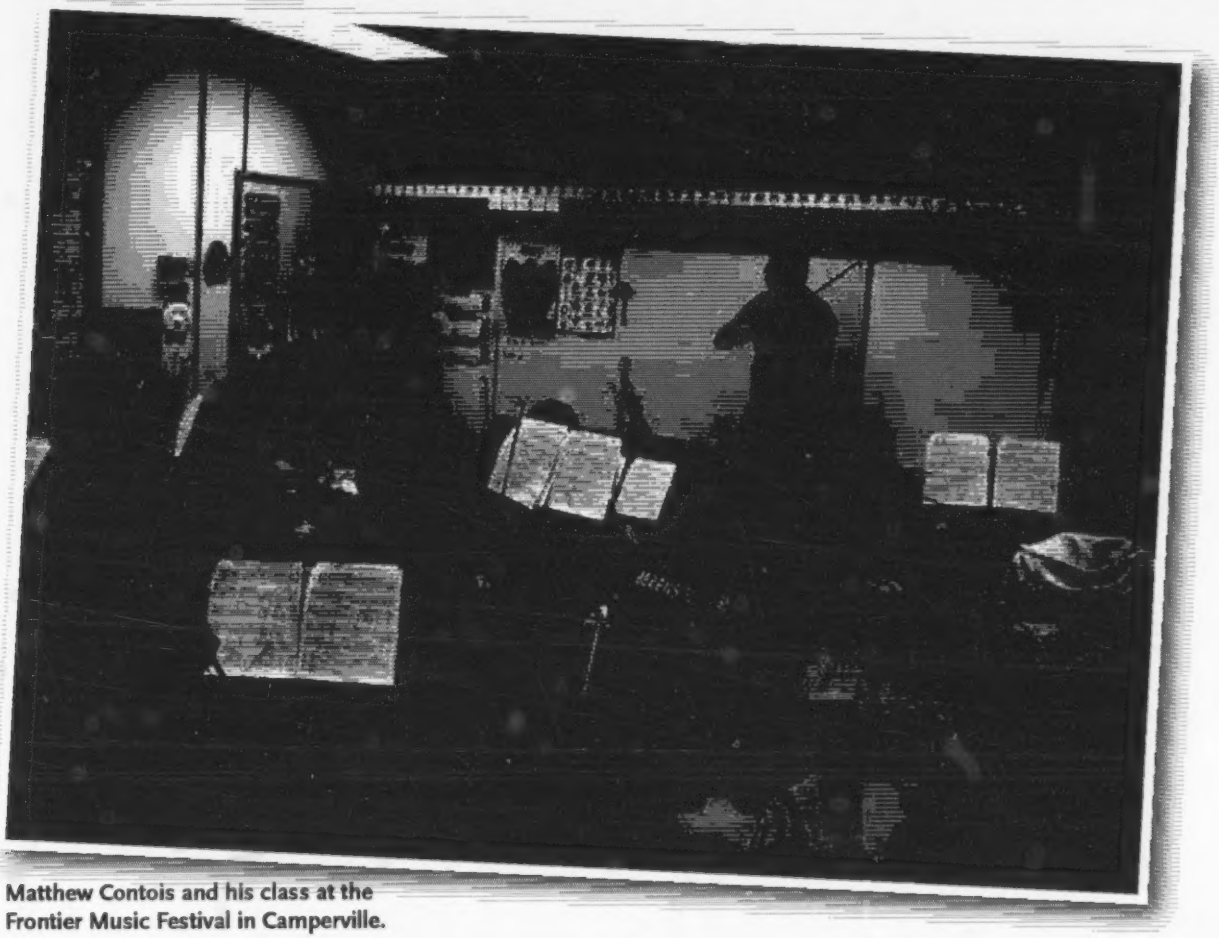
On March 8 to 10, 2011, the community of Barrows hosted a three-day Frontier Fiddle Program fiddle camp that attracted 102 young fiddlers from 12 schools in FSD district two.

Then in early May, the communities of Camperville, Duck Bay and Pine Creek hosted a division-wide Frontier Music Festival over a two-day period. More than 500 students participated



Blaine Klippenstein takes a break at the Frontier Music Festival fiddle workshop in Pine Creek.

Keeping Music and Culture Alive



Matthew Contois and his class at the Frontier Music Festival in Camperville.

from 34 Frontier schools from as far away as Churchill. This was a great opportunity for students to meet and learn from renowned fiddlers from across Canada, who shared their advice and inspired the youth with their music. At this division-wide event, students were also able to participate in hand-drum, hip-hop, jigging and guitar.

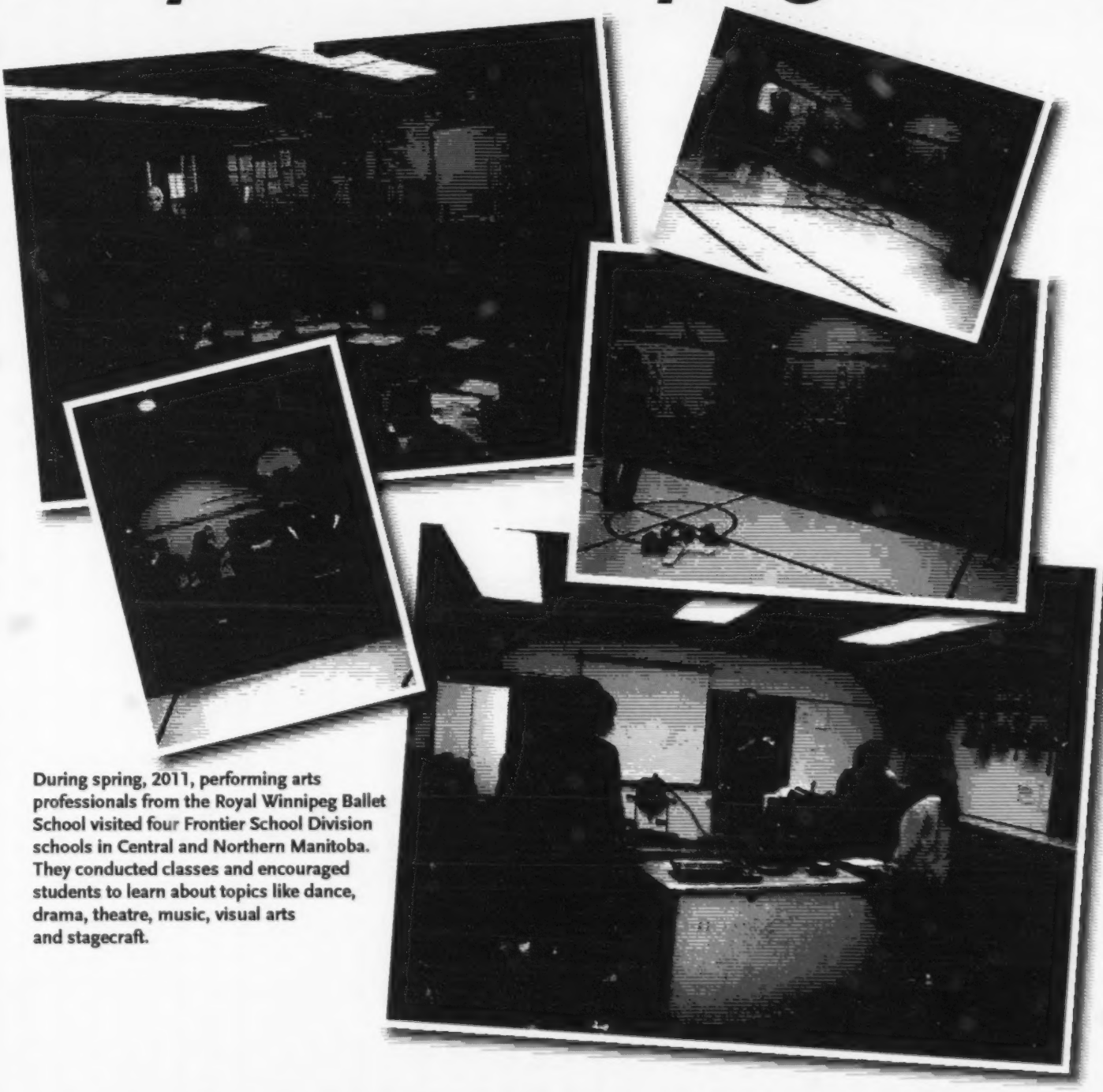
The number of young people participating in these events is impressive. So is the fact that three of the instructors, Matthew Contois of Grand Rapids, Ryan D'Aoust of Norway House and Marcel Hapel of Wanipigow, were participants in the Frontier Fiddle Program earlier in their careers and are now teaching up-and-coming fiddlers.

Each of the fiddle camps ended with public concerts. The students played some of the new tunes they had learned to the appreciative audiences that packed the house at each event.

As well as offering fun and personal fulfillment, music is well recognized for its ability to stimulate brain development in children. Programs that incorporate music and movement in the daily curriculum can provide a positive learning environment for all youth.

Hats off to Blaine Klippenstein, the Frontier School Division and all the young fiddle players who are having fun keeping music and culture alive.

Royal Winnipeg Ballet



During spring, 2011, performing arts professionals from the Royal Winnipeg Ballet School visited four Frontier School Division schools in Central and Northern Manitoba. They conducted classes and encouraged students to learn about topics like dance, drama, theatre, music, visual arts and stagecraft.

t School Visits North

From April 4 to 17, 2011, dancers from the Royal Winnipeg Ballet (RWB) School's Professional Division visited four schools in northern Manitoba on their Connections Tour in celebration of the 40th anniversary of the ballet school. Dancers from the RWB School (called Aspirants), supported by other Manitoba professional artists from the Manitoba Theatre for Young People and Graffiti Art Programming Inc., packed their bags and headed north to visit four schools selected in partnership with the Frontier School Division. It was a first for both the school division and the RWB School.

During phase one of the tour, the dancers, artists and production crew visited the Helen Betty Osborne Ininiw Education Resource Centre in Norway House, Mel Johnson School in Wabowden, Frontier Mosakahiken School in Moose Lake and Waterhen School in Waterhen.

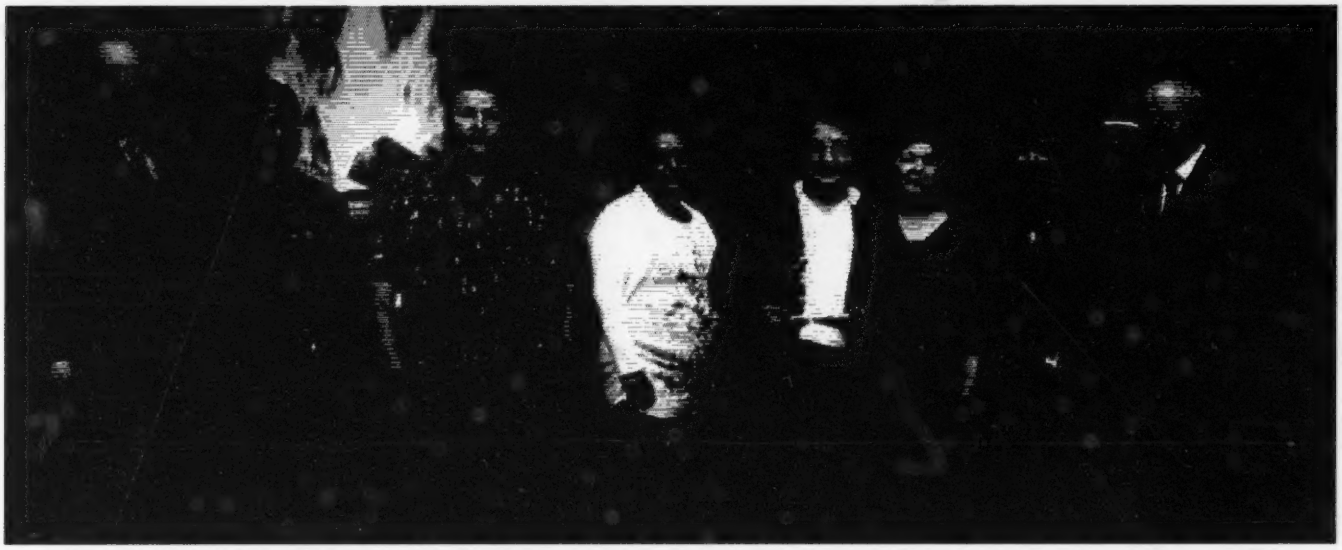
The event in Waterhen drew approximately 80 students from Frontier Area 2 schools. During the two-day series of workshops, the students were exposed to the world of performance, dance and production. They explored dance, drama, theatre, music, visual arts and stagecraft. Activities concluded with a performance by ballet school Aspirants and incorporated the work of the students who also participated in the technical and dress rehearsals. It was a wonderful opportunity for students to study with performing arts professionals. It was also a wonderful opportunity for the entire community to learn about the art of dance.

As a follow-up, 20 students who participated in phase one workshops will visit Winnipeg at the end of June to attend a further four days of intensive workshops conducted by the same creative team. During the workshops, Frontier students and their chaperones will stay at the RWB School residence. Special workshops in dance, theatre, mask-making and visual art will take place at the RWB facility while a production clinic on technical equipment and aspects of working backstage will take place at the Manitoba Theatre for Young People at The Forks.

The event in Waterhen drew approximately 80 students from Frontier Area 2 schools. During the two-day series of workshops, the students were exposed to the world of performance, dance and production.

Learn more about the RWB School on the Internet at www.rwbschool.com.

Awards Recognize Communitie



Left to right: Normand Gousseau, CEO Entreprises Riel; Nelson House community administrative officer Oswald Sawh; Nelson House Councillor William Leonard; Nelson House Councillor Theresa Hart; Nelson House Mayor Bella Leonard (with award); Nelson House Councillor Cecilia Tait; Manitoba Culture, Heritage and Tourism Minister Flor Marcelino; Bob Sparrow, Travel Manitoba Board Chair.

April 2011 was an exciting month for three Aboriginal and Northern Affairs communities. The incorporated community of Nelson House and individuals from Wabowden and Herb Lake Landing were nominated for awards in recognition of their outstanding contributions to their communities and northern Manitoba.

Manitoba Tourism Award

Nelson House was nominated for a 2010 Manitoba Tourism Award for the continued success of their annual Ice Fishing Derby.

This past March marked the 14th anniversary of the Nelson House ice fishing derby held on Footprint Bay. When the derby began 14 years ago, it was a humble event with approximately 30 participants. Over the years, it has grown in popularity, now attracting more than 1,000 participants from across Canada.

Nelson House was up against three Winnipeg-based competitors and in winning the honour, received a trophy, promotion on the Travel Manitoba website and the right to use the Manitoba Tourism Award symbol for advertising and promotion. The awards were presented on April 11 at a gala held at the Delta Winnipeg. Several council members and guests attended.

Manitoba Tourism Awards recognize outstanding contributions to the provincial tourism industry, including promoting Manitoba as a destination, providing memorable service to visitors and developing the tourism industry.

Thompson's YWCA Women of Distinction Awards

While the community of Nelson House was receiving its award, more than a dozen outstanding northern women were waiting to attend another award gala in Thompson. Among them were, Bonnie Monias and Eleanor Woitowicz, both of Wabowden, and Hazel Corman of Herb Lake Landing, who were nominated in Thompson's YWCA Women of Distinction Awards. The award recognizes women who have contributed significantly to their communities. Winners were selected by YWCA board members and not made public until the award gala.

During the April 16 award gala, details of each nominee's contributions to their communities were shared with those in attendance. Each nominee was called to the stage to receive a glass trophy and a certificate recognizing and appreciating the positive impact each has made.

s and Volunteer Achievements

Hazel Corman was nominated in the Health and Active Living category for her work as a volunteer recreation co-ordinator. She took the lead in creating her community's seniors centre and became a certified fitness leader so she could run fitness programs for seniors. She also co-founded the Herb Lake Landing Historical Society.

Bonnie Monias was nominated in the same category for the volunteer work she is doing with the Wabowden Community Gardening Project, and for teaching students at Mel Johnson School how to grow their own vegetables pesticide-free. She also volunteers with the Wabowden ambulance services and on her Anglican Church committee.

Also in the Health and Active Living category, Eleanor Woitowicz was nominated for her work with the Wabowden Community Gardening Project. The project was recognized by the United Nations Commission on Sustainable Development, the David Suzuki Foundation, Manitoba Conservation and Manitoba Hydro. It continues to inspire a growing international audience through the documentary film called *And This is My Garden.*

Gala attendees sat nervously as the winners were announced. Hands were clenched and fingers crossed in the audience. Then Hazel Corman was declared the first-ever winner in these awards to win in this Health and Active Living category and also the first-ever winner from outside of Thompson.

ANA Local Government Development Division congratulates all of the nominees and award winners. The Nelson House, Herb Lake Landing and Wabowden success stories are great examples of what can be accomplished when community people are driven and strive to create opportunities that create well-being and community spirit.

Hazel Corman (with walking stick) received Thompson YWCA's Women of Distinction award for her work organizing recreational programs for Herb Lake Landing seniors.

Recreation Programs Improve

Recreation programming often takes a back seat to other necessary municipal services like water, waste disposal and roads, but recreation and wellness programming can contribute to the health, safety and quality of life in your community in significant ways.

Manitoba Aboriginal and Northern Affairs (ANA) first responded to a call from community leaders in the early 1990s and began offering recreation and wellness programming as a way of dealing with health and social issues in northern communities. Today, as a result of changes made to the program in 2005, communities with 300 people or more are eligible to receive funding for a full-time recreation director, communities with 75 to 299 people are eligible to receive $100 per capita and smaller communities are eligible for an ANA Recreation and Wellness fund grant of up to $1,800.

Collaboration between Manitoba Aboriginal and Northern Affairs recreation staff and their colleagues in health care and justice is ongoing. In response to requests from communities, the department's recreation team is focused on ways to help communities reduce crime and chronic illness through recreation programming.

Building healthy communities

Recreation and wellness activities can increase physical and mental well-being in your community. When developing recreational activities, it is important to create programs that are balanced between age groups and genders. Create programs that are not only physical but also, social, creative, educational, promote mental well-being and meet the needs of the people you are serving. Here are some ideas you may want to try in your community:

- Healthy activities – encourage activities like walking clubs, fitness programs, water safety courses, cultural programs, hunting, fishing, camping and workshops on nutrition.
- Family activities – develop programs that encourage families to spend time together. Cooking, crafting, community dances and even snowshoe outings are good choices.
- Community specific – develop programs based on the needs of your community – not all will be the same, find out what people want and if they are willing to help.

Motivating communities to make a difference

Recreational activities can reduce the risk of chronic illness by encouraging people to be active. Providing opportunities for social activities can also help reduce crime. The result is improved overall health and well-being throughout the community.

The benefits of recreation are demonstrated through numerous successful activities led by people in ANA communities. These communities have been proactive in addressing issues and meeting the needs of their residents. Some examples:

- Berens River Lighthouses Program
- Matheson Island Winter Fishing Derby
- Barrows Milk Jug Curling Classic
- Duck Bay Metis Week
- Camperville Workout Program

Community Health and Safety

- Pelican Rapids – successful gardening and crafting programs
- Cormorant – Tae Kwon Do Club and Lighthouses program
- Cross Lake – annual family campout and cadet program
- Dawson Bay – wellness day community event
- Herb Lake Landing – seniors centre, Herb Lake Landing Historical Society
- Granville Lake – traditional crafting program, skiing, snowshoeing and sledding
- Moose Lake – winter carnival

Motivated communities identify issues and address them by setting goals and working hard to achieve them. If you're interested in developing programs to achieve health and wellness goals in your community, you can get help by contacting the ANA recreation consultant for your region.

Recreation Leadership – A Key to Community Success

Think about your community for a moment. Can you think of someone who has made a difference in your community — perhaps a community leader or a teacher, a community employee or volunteer? It's always amazing the impact one person can have on the quality of life and the success of a community. In the field of recreation, there are numerous examples of individuals who are making a difference. But still, many communities struggle to maintain programs and to recruit and keep the recreation staff and volunteers who are critical to the delivery of successful recreation programs.

In many cases, it is not possible for council to find a candidate for the position of recreation director who has ideal training and experience. But if you can't find an ideal candidate, can you find one with energy, enthusiasm and a positive attitude who can grow and develop into a great recreation leader? Can council provide the support and supervision necessary for that individual to develop?

It's not unusual for recreation workers to feel isolated and without the support they need to succeed. This can be a real challenge for councils under pressure to maintain service delivery and balance the various needs and demands of community residents. Effective supervision of recreation staff — all staff, for that matter — involves good communication. Has your recreation director received an orientation and have you made your expectations clear? Do you understand what training and resources your recreation director needs to get the job done? Do you have a recreation plan and recreation budget for your community? Is your recreation director in the loop?

If the answer is no to any of the above questions, your community recreation program may be in trouble. Manitoba Aboriginal and Northern Affairs recreation and wellness consultants can help recreation supervisors or councils with issues related to recruitment, orientation, training and program planning.

You may believe that your community has challenges due to lack of recreation programming or lack of facilities, but the real challenge may be a lack of the kinds of support that lead to success.

Have a safe and active summer.

According to the Physical Activity Coalition of Manitoba, three of the key resources required to encourage more active individuals and healthier communities are programs, facilities and leadership. While recreation facilities and programs are important components, recreation leadership is pivotal to effective, efficient and sustainable delivery of programs and successful operation of facilities.

Municipal Calendar Monthly Reminder for June and July 2011

June 2011

1 Deadline for receipt of any property tax payments to ANA to avoid penalties.

Install Simply Accounting payroll tax software update.

Forward requests to ANA for MCA revisions.

2 Council to act on capital project applications for missing information.

6 **Managerment maintenance systems (MMS)** – wet wells cleaned.

7 MMS - dumping of lagoons.

15 Deadline for receipt of payment to Receiver General to avoid penalty.

16 Send records to audit firm.

Community:

- Submit bi-weekly water and monthly sewer samples.
- Capital project application adjustments – council to act on recommendations for final project submission to ANA.
- Submit Municipal Employee Benefits Program (MEBP) form and payment no later than seven working days after the last pay period.
- If applicable, submit bi-weekly payrolls for the Building Independence Program to regional office.

WSH Reminders:

- Council to ensure fire extinguishers and first aid kits inspected.
- Council to act on items highlighted as corrective action from inspections
- Does your bulletin board include: Workplace Safety & Health policy, Harassment policy, Violence policy, Working Alone Plan, names of first aiders and WSH representatives (employee and management)?
- Are first aid kits available in every building?
- Is your Community Prevention Plan updated?

Departmental:

- Capital project applications sent back to council requesting missing information.

July 2011

1 **CANADA DAY**

Deadline for receipt of any property tax payments to dept to avoid penalties.

4 **MMS** - Water treatment plant storage tanks cleaned.

11 Submit quarterly GST refund.

15 Deadline for receipt of payment to Receiver General to avoid penalty.

28 Submit quarterly payroll report MEBP.

29 Follow-up with auditor to meet Aug. 31 audit deadline.

30 Submit first quarter financial statements (April to June).

31 Deadline for applications for grant-in-aid streets not yet approved for the program.

Complete revisions for Workers Compensation Board estimates.

Submit revised capital project applications.

Community:

- Submit bi-weekly water samples and monthly sewer sample.
- Submit MEBP form and payment no later than seven working days after the last pay period.
- If applicable, submit bi-weekly payrolls for the Building Independence Program to regional office.

WSH Reminders:

- Council to ensure fire extinguishers and first aid kits inspected.
- Council to act on items highlighted as corrective action from inspections.

Departmental:

- Regional office to forward request for MCA revisions to Program Planning & Development by July 1.

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Community council members, community residents and department staff are encouraged to submit comments, questions, suggestions, article ideas and photographs to the editor.